



Therapeutics

Carmel Wilson C.T.R.S., Recreation Supervisor II
(619) 409-5800 • 373 Park Way

www.chulavistaca.gov/rec

Optional - Annual Membership (Sept 07 - Aug 08)

Fee: \$44 Residents / \$56 Nonresidents
Includes a T-shirt, ID card and discounted admission to dances, field trips, classes and programs. Mail fee to:
City of Chula Vista Recreation Department, Therapeutics
276 Fourth Avenue, Chula Vista, CA 91910

Kids Included Together (KIT)

The Recreation Department has been awarded Alumni Status for the year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

Splash & Groove

Join us for an exciting night for the entire family! Swimming, prizes, music and food to celebrate the end of summer. Proceeds benefit the Therapeutics Section. At Parkway Pool.

Fee: \$6 Adults / \$3 Ages 6-17 / FREE for Ages 5 and under
Friday, Sept. 14 7-9 pm

Halloween Dance

Oct. 27, 7-9 pm at Norman Park Center

Holiday Dance

Dec. 15, 7-9 pm (Members Free / \$6 Res / \$7 Non-Res)

Twilight Matinee Ages 6-Adult

Bring the family and we'll watch a movie, eat popcorn, meet new friends and have fun! At Woman's Club

Thursdays, Sept. 13, 27 and Oct. 11, 25 6-8 pm

Basketball One on One Ages 6-Adult

Learn the basics--ball handling, dribbling, passing, shooting and team play. At Parkway Center.

Tuesdays, Sept. 11, 25 and Oct. 9, 23 6-7 pm

Cooking Class Ages 6-Adult

Our newly-structured healthy cooking class focuses on table setting, food preparation, nutrition and clean up. Call to register.

Member \$2 / Res \$4 / Non-Res \$6 At Parkway Center.

Sept. 15, 29 and Oct. 13, 27 11 am-1 pm

Free Style Dance Class Ages 6-Adult

Learn basic hip-hop steps, line dances and moves to your favorite hits. It's a fun way to exercise, too! For those with developmental disabilities. Pre-registration is recommended. (8 weeks) Fee:

Member \$22 / Resident \$27 / Non-Resident \$33

Wednesdays, Sept. 5-Oct. 24, 6-7 pm Parkway Center

Bicycle Rodeo Ages 6-Adult

Come join the FREE fun! For those with special needs. Refreshments, bike/helmet safety, bike repairs, riding tips, and an obstacle course. At Greg Rogers School parking lot.

Saturday, Sept. 15 11 am - 1 pm

Wheely Sports Ages 6-17

For the active, sports-minded individual with permanent physical disabilities. (3 times/month). FREE! Register (619) 409-5800.

Wednesdays 4:30-6:30 pm Otay Rec Center

Sunday Leisure Bowling Ages 6 - Adult

Active people with developmental or physical disabilities can enjoy two games of bowling, and a final awards party.

Member \$24 / Res \$28 / Non-Res \$34 (plus \$6 weekly fee)

Sept. 23-Dec 2 Brunswick Lanes, 845 Lazo Court

Adaptive Fitness Ages 16+

This morning circuit workout program is for those with physical disabilities. Includes strength training, toning and cardio work.

Cost incl. Otay gym membership: Res \$47 / Non-Res \$57

Mon/Wed/Fri 9:30-11 am Otay Rec Center

"Futures" Wheelchair Sports Program Ages 4-8

Children with permanent physical disabilities can learn basic ball handling, improve wheelchair maneuvering, enhance upper body strength, and have fun! A mini tournament will be held at the end of the season. (In partnership with the San Diego Adaptive Sports Foundation.) Fee: \$10/month. For more info or to enroll, call (619) 962-9229.

Sept. 22 9 - 11 am Parkway Center

Family Mentor Program

Education, support, and hope in a caring, warm environment for families new to the autism diagnosis. (In collaboration with Autism Tree Foundation & Scripps Well Being) To register, call (619) 409-5800. Scripps Well Being Center, 311 Del Mar Ave.

Sept. 18, 5:15-6:15 pm and Oct. 12, 12:30-1:30 pm

Handcycling (Introduction) Ages 7-14

Children with physical disabilities learn an adaptive outdoor sport and increase strength and endurance. The Greg Rogers PTA will pay for students. (5 weeks) Res \$17 / Non-Res \$21
Greg Rogers Elementary School, 510 E. Naples

Tuesdays, Oct. 16 - Nov. 13 3:30-5:30 pm

Aerobics 101 Ages 6-Adult

Stretching, strength training, toning, and aerobic moves and steps for those with developmental disabilities. At Parkway Center.

Daily Fee: Member \$2 / Res \$5 / Non-Res \$10

Tuesdays, 6-7pm Sept. 4, 18, Oct. 16, 30

Nature In Your City Ages 12+ (Taught by a Naturalist)

Discover the plants, animals, weather and insects in your own neighborhood! (5 weeks) Member \$2 / Res \$4 / Non-Res \$6

Mondays, Sept. 10 - Oct. 8; 4:30-5:30 pm Memorial Park